

Direct Support Professional Training Year 1
Session 1: Introduction

Quiz Answer Key

Directions: Answer each question by circling **T** for **True** or **F** for **False**. Look at the example in the box below:

1. **T** / **F** DSP stands for *Direct Support Professional*.

The answer is **True**, so the **T** is circled.

- | Answer | Question |
|--------------------------------|--|
| 1. <u>T</u> / F | The main goal of this training is to improve the quality of care for people with developmental disabilities. |
| 2. T / <u>F</u> | A developmental disability starts after someone turns 18. |
| 3. <u>T</u> / F | A developmental disability can be caused by something that occurs before, during, or after birth. |
| 4. T / <u>F</u> | A “mentally retarded person” is an example of people first language. |
| 5. T / <u>F</u> | <i>Diversity</i> means that everyone should be the same. |
| 6. <u>T</u> / F | One of the values of the California developmental disabilities service system is that people have the choice of where and with whom to live. |
| 7. <u>T</u> / F | A Direct Support Professional supports people with developmental disabilities in a variety of settings and activities. |
| 8. <u>T</u> / F | Trust is necessary to make a team work. |
| 9. <u>T</u> / F | A good team works toward a goal everyone agrees upon. |
| 10. T / <u>F</u> | All people with mental retardation and cerebral palsy have slurred speech and an unusual walk. |

Direct Support Professional Training Year 1
Session 2: Communication

Quiz Answer Key

Directions: Answer each question by circling **T** for **True** or **F** for **False**. Look at the example in the box below:

1. **T** / **F** DSP stands for *Direct Support Professional*.

The answer is **True**, so the **T** is circled.

- | Answer | Question |
|--------------------------------|--|
| 1. <u>T</u> / F | When communicating with other people it is important to be clear about your message. |
| 2. <u>T</u> / F | A person's behavior is often an attempt to tell others what he or she wants or doesn't want. |
| 3. T / <u>F</u> | A limited ability to understand language is an example of a speech disorder. |
| 4. <u>T</u> / F | One reason people communicate is to get information. |
| 5. T / <u>F</u> | Gesturing is an example of verbal communication. |
| 6. T / <u>F</u> | Sign language, communication boards, and gestures are examples of barriers to communication. |
| 7. T / <u>F</u> | <i>Active listening</i> means answering a question before understanding what the person was trying to say. |
| 8. <u>T</u> / F | A facial expression is an example of nonverbal communication. |
| 9. <u>T</u> / F | It takes at least two people to communicate. |
| 10. <u>T</u> / F | Speaking in short sentences helps to facilitate communication. |

Direct Support Professional Training Year 1
Session 3: Wellness
Nutrition, Exercise, and Safety

Quiz Answer Key

Directions: Answer each question by circling **T** for **True** or **F** for **False**. Look at the example in the box below:

1. **T / F** DSP stands for *Direct Support Professional*.

The answer is **True**, so the **T** is circled.

- | Answer | Question |
|-------------------------|---|
| 1. <u>T</u> / F | Good nutrition keeps us healthy. |
| 2. T / <u>F</u> | People need to drink <u>only</u> one glass of water every day. |
| 3. T / <u>F</u> | Disposable gloves should always be worn when shaking hands with another person. |
| 4. T / <u>F</u> | Food that needs to be refrigerated can be left in the car for several hours before you bring it in. |
| 5. <u>T</u> / F | Regular physical activity helps relieve stress and increase strength. |
| 6. <u>T</u> / F | Frequent and thorough hand washing is the most important way to stop the spread of germs. |
| 7. <u>T</u> / F | A change in a person's activity level could mean the person is sick. |
| 8. <u>T</u> / F | It is important to have a plan and be prepared because accidents and emergencies can happen at any time or any place. |
| 9. <u>T</u> / F | When moving a heavy object, one way to protect your back is to "push, not pull." |
| 10. <u>T</u> / F | Store poisons in a locked area away from food. |

Direct Support Professional Training Year 1
Session 4: Wellness
Medications

Quiz Answer Key

Directions: Answer each question by circling **T** for **True** or **F** for **False**. Look at the example in the box below:

1. **T** / **F** DSP stands for *Direct Support Professional*.

The answer is **True**, so the **T** is circled.

- | Answer | Question |
|--------------------------------|---|
| 1. <u>T</u> / F | When assisting with medication, be sure you have the <u>R</u> ight person, <u>R</u> ight medication, <u>R</u> ight dose, <u>R</u> ight time, and <u>R</u> ight route. |
| 2. <u>T</u> / F | It's okay to prepare a single dose of medication for a person to take with them to work. |
| 3. <u>T</u> / F | In a licensed community care facility, a physician's order is required for over-the-counter medication. |
| 4. <u>T</u> / F | It is important for you to ask the physician and/or pharmacist about both intended and unintended side effects of prescription medication. |
| 5. T / <u>F</u> | You don't need to lock up a medication if the person can give it to himself or herself without assistance. |
| 6. <u>T</u> / F | A medication log contains information about a person's medications, including when the medications should be given. |
| 7. <u>T</u> / F | Assisting people with medications is one of the most serious and important things you do. |
| 8. T / <u>F</u> | You may prepare and assist with medication in a dirty, dimly lit, noisy area. |
| 9. <u>T</u> / F | Part of your job is to observe, report and document any adverse side effects of medications. |
| 10. <u>T</u> / F | Each time a dose of medication is taken, it should be documented in the medication log. |

Direct Support Professional Training Year 1
Session 5: Wellness
Responding to Individual Needs

Quiz Answer Key

Directions: Answer each question by circling **T** for **True** or **F** for **False**. Look at the example in the box below:

1. **T** / **F** DSP stands for *Direct Support Professional*.

The answer is **True**, so the **T** is circled.

- | Answer | Question |
|--------------------------------|--|
| 1. <u>T</u> / F | A current physical exam and a health history are two essential parts of a health assessment. |
| 2. <u>T</u> / F | Constipation is a symptom of a problem and if untreated can lead to serious health conditions. |
| 3. T / <u>F</u> | All adults, regardless of age, need the same type of medical screenings and exams. |
| 4. <u>T</u> / F | Before an individual you support goes to see a doctor, you should work with him or her to write up a list of questions for the doctor. |
| 5. T / <u>F</u> | <i>Good dental hygiene</i> means brushing your teeth once a day. |
| 6. T / <u>F</u> | A temperature within two degrees of 98.6 is considered normal. |
| 7. T / <u>F</u> | To assist a person having a seizure, yell at them to stop, make sure they stay seated in a chair, give them a drink of water. |
| 8. <u>T</u> / F | When people can't use words, you may learn how they feel by observing their behavior and appearance. |
| 9. <u>T</u> / F | A medical emergency is an unexpected event that requires first aid, followed by prompt medical attention. |
| 10. <u>T</u> / F | Abdominal pain and decreased appetite may be symptoms of constipation. |

Direct Support Professional Training Year 1
Session 6: Positive Behavior Support

Quiz Answer Key

Directions: Answer each question by circling **T** for **True** or **F** for **False**. Look at the example in the box below:

1. **T** / F DSP stands for *Direct Support Professional*.

The answer is **True**, so the **T** is circled.

- | Answer | Question |
|--------------------------------|--|
| 1. <u>T</u> / F | Behavior is communication. |
| 2. <u>T</u> / F | Behavior is a way of getting something the person wants or avoiding something that person doesn't want. |
| 3. T / <u>F</u> | An antecedent is something that happens after a behavior. |
| 4. <u>T</u> / F | An effective replacement behavior works as well as the challenging behavior in meeting an individual's needs. |
| 5. <u>T</u> / F | Reinforce the replacement behavior as soon or sooner than the original behavior. |
| 6. <u>T</u> / F | A challenging behavior will continue if it is the best way the person knows to get his or her needs met. |
| 7. T / <u>F</u> | A person's behavior is <u>not</u> affected by the time of day, the activity or the people involved. |
| 8. <u>T</u> / F | One way to find out why a challenging behavior may be happening is to talk with the people who know the person well. |
| 9. <u>T</u> / F | Staff and administrators should help develop a positive behavioral support plan. |
| 10. T / <u>F</u> | All people learn best by reading the information. |

Direct Support Professional Training Year 1
Session 7: Teaching Strategies
Relationships, Task Analysis and Prompts

Quiz Answer Key

Directions: Answer each question by circling **T** for **True** or **F** for **False**. Look at the example in the box below:

1. **T** / **F** DSP stands for *Direct Support Professional*.

The answer is **True**, so the **T** is circled.

- | Answer | Question |
|---------------------------------|--|
| 1. <u>T</u> / F | The more things people can do for themselves, the more control they have over their lives. |
| 2. <u>T</u> / F | Getting to know what the person likes or dislikes will help you understand the best way to support that individual. |
| 3. T / <u>F</u> | New skills need to be taught in a different way every time. |
| 0 4. <u>T</u> / F | The goal of teaching is to help a person learn something that he or she wants to do. |
| 5. <u>T</u> / F | You should practice a skill before teaching it to another person. |
| 6. T / <u>F</u> | Of the three types of prompts (verbal, gestural, or physical), verbal prompts always provide the most help when teaching new skills. |
| 7. T / <u>F</u> | If a person doesn't respond to a prompt immediately, repeat the prompt right away. |
| 8. T / <u>F</u> | You should always use physical guidance as the first prompt. |
| 9. <u>T</u> / F | When teaching a skill, one way to check for progress is by comparing how much of the skill the person has learned from week to week. |
| 10. <u>T</u> / F | A task analysis is a complex skill broken down into smaller, more teachable steps. |

Direct Support Professional Training Year 1
Session 8: Teaching Strategies
Positive Feedback and Natural Times to Teach

Quiz Answer Key

Directions: Answer each question by circling **T** for **True** or **F** for **False**. Look at the example in the box below:

1. **T** / **F** DSP stands for *Direct Support Professional*.

The answer is **True**, so the **T** is circled.

Answer Question

1. **T** / **F** Everyone learns better when encouraged and positively motivated.
2. **T** / **F** A reinforcer is any item, event, or activity that follows a behavior and makes the behavior more likely to occur again.
3. **T** / **F** Everyone responds to the same set of reinforcers.
4. **T** / **F** Use the same reinforcers every time you teach a new skill.
5. **T** / **F** If coffee was a reinforcer for Sally when she learned to wash the dishes, then coffee will be the only effective reinforcer for teaching Sally any skill.
6. **T** / **F** People enjoy and benefit from frequent praise.
7. **T** / **F** Giving an individual a favorite item after he or she finishes a task is an example of a positive consequence.
8. **T** / **F** The best way to teach is to minimize learner errors.
9. **T** / **F** Teach at a time when the person needs to use the skill.
10. **T** / **F** Teaching should be as positive and enjoyable as possible.

Direct Support Professional Training Year 1
Session 9: Daily Living

Quiz Answer Key

Directions: Answer each question by circling **T** for **True** or **F** for **False**. Look at the example in the box below:

- | |
|--|
| 1. T / F DSP stands for <i>Direct Support Professional</i> . |
|--|

The answer is **True**, so the **T** is circled.

- | Answer | Question |
|--------------------------------|--|
| 1. <u>T</u> / F | Daily routines are an important part of everyone's lives. |
| 2. <u>T</u> / F | Taking a walk every day at the same time can be comforting. |
| 3. T / <u>F</u> | People's routines should change to meet the needs of staff. |
| 4. T / <u>F</u> | A good schedule should not allow for <u>any</u> flexibility. |
| 5. T / <u>F</u> | People with disabilities enjoy life without friends. |
| 6. <u>T</u> / F | Being a friend includes finding a way to resolve differences. |
| 7. <u>T</u> / F | You can help people learn the social skills necessary to be a friend. |
| 8. <u>T</u> / F | Helping an individual join a gym is one way to help him or her make friends. |
| 9. <u>T</u> / F | Friendships may grow when people can spend time together. |
| 10. <u>T</u> / F | Listening to an individual is a good way to learn more about that person. |

Direct Support Professional Training Year 1
Session 10: Individual Rights,
Laws and Regulations

Quiz Answer Key

Directions: Answer each question by circling **T** for **True** or **F** for **False**. Look at the example in the box below:

1. **T** / **F** DSP stands for *Direct Support Professional*.

The answer is **True**, so the **T** is circled.

- | Answer | Question |
|--------------------------------|--|
| 1. <u>T</u> / F | Regional centers provide services to adults and children with developmental disabilities. |
| 2. T / <u>F</u> | People with developmental disabilities have different constitutional rights than everyone else. |
| 3. <u>T</u> / F | The courts authorize a conservator to make certain decisions for an adult with a developmental disability. |
| 4. <u>T</u> / F | The Lanterman Act establishes the right of every person with developmental disabilities to be treated with dignity and respect. |
| 5. <u>T</u> / F | California Code of Regulations, Title 22 and Title 17, include the requirements for licensed community care facilities serving people with developmental disabilities. |
| 6. T / <u>F</u> | You should wait to report child abuse until you're absolutely sure you know it's happening and who is doing it. |
| 7. T / <u>F</u> | A Special Incident Report must be submitted to the regional center within a week of the incident. |
| 8. T / <u>F</u> | <i>Confidentiality</i> means that you can discuss information about the individuals you support with anyone who asks. |
| 9. T / <u>F</u> | <i>Advocacy</i> means treating adults like children and making choices for them. |
| 10. T / <u>F</u> | All adults with developmental disabilities are incompetent and unable to make decisions for themselves. |

Direct Support Professional Training Year 1
Session 11: Leisure and Recreation

Quiz Answer Key

Directions: Answer each question by circling **T** for **True** or **F** for **False**. Look at the example in the box below:

1. **T** / **F** DSP stands for *Direct Support Professional*.

The answer is **True**, so the **T** is circled.

- | Answer | Question |
|--------------------------------|---|
| 1. <u>T</u> / F | People play sports and games to have fun. |
| 2. <u>T</u> / F | It is important to know the likes and dislikes of the individuals you support when planning recreational activities. |
| 3. <u>T</u> / F | Part of your job is to match an individual's interests to leisure and recreational activities. |
| 4. T / <u>F</u> | All leisure and recreational activities should be provided in the home. |
| 5. T / <u>F</u> | Natural supports rarely include family, friends, staff members, community members and others who care about a person. |
| 6. T / <u>F</u> | Generic services are just for individuals with developmental disabilities. |
| 7. <u>T</u> / F | Helping a co-worker is called a natural support. |
| 8. T / <u>F</u> | A person's family should be his or her only natural support. |
| 9. <u>T</u> / F | The local parks and recreation program is an example of a generic service. |
| 10. <u>T</u> / F | It is important that you help individuals find ways to participate in community activities. |